

WARRIOR LEADER

Volume 10, No. 1

Operation Warrior Forge

Fort Lewis, Washington

June 30, 2006



WARRIOR FORGE BEGINS!

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Forge Overview

Beating Heat

Staying Fit – All the Time

Equipping Cadets

Daniel Duplessis, a 2nd Regiment cadet from the University of Texas - Arlington, cranks out sit-ups during his unit's first physical trial at Warrior Forge – the Army Physical Fitness Test.

U.S. Army Photo by Al Zdarsky



Dedication honors 'full measure of devotion'

By Col. Steven Corbett
Warrior Forge Commander

Welcome to Warrior Forge 2006! As we continue to improve our training and the leadership preparation of every cadet who comes here to Fort Lewis, we are also executing a vital and very special task this summer. We are renaming four of our training sites in honor of ROTC Graduates who, in the words of



Corbett

Abraham Lincoln, have "given the last full measure of devotion" in Iraq. The First Aid Assault Course is now the Capt. Sean Grimes First Aid Assault Course. The FLRC is the Capt. Kimberly Hampton Field Leader's Reaction Course; the Hand Grenade Assault Course is the Capt. Mike Tarlavsky Hand

Grenade Assault Course, and the ITT Assault Course has been renamed after 1st Lt. Nainoa Hoe.

Each of these brave Soldiers was a person. Each has his or her own story – along with unfinished dreams and endeavors which were cut short by dying in the service of our Nation. As cadets train at each of these sites, they will have the opportunity to learn

the legacies of these great Americans. I urge you all to take a few moments to give thanks for them, and to keep their families in your thoughts.

I have had the sad honor of officiating at these dedication ceremonies. I have looked into the eyes of the parents, spouses, friends and children who knew each of these Soldiers. I have held a young child in my arms, and held their mothers close as they wept upon my shoulder. I have seen pain and I have seen grief in their eyes. But above all, I have seen pride and gratitude. Those who grieve our fallen are proud that their son, daughter, husband, father or uncle achieved the dream of serving as an officer in America's Army. I have seen gratitude that we, America's Army, remember our fallen and are inspired by their example. We will not forget them, or the other Soldiers who have given their lives.

Looking into the eyes of these families is tough for me, one of the hardest things that I have ever had to do, but it makes me a better person. It makes me even more thankful that we have young Americans like Grimes, Hampton, Tarlavsky and Hoe, who are willing to serve, willing to lead, and willing to make the final sacrifice.

I am proud of every cadet who will come to Warrior Forge this summer. I am proud of the ROTC cadre, Reserve and active-duty soldiers, and the civilian employees who support, train, develop and evaluate our cadets. You have all come here to make a difference, and I am inspired by your service.

Let us learn for Sean Grimes, Kim Hampton, Mike Tarlavsky and Nainoa Hoe. Remember them, and do not let them down.

Train to Lead!

By Command Sergeant Major Victor Mercado
Western Region Command Sergeant Major

I want to welcome all the cadets and cadre to the best leadership training event in Cadet Command. All year long cadets and cadre across the command prepare physically and mentally to attack the challenges that Warrior Forge has to offer. I have personally witnessed that dedication and commitment of our Warrior Forge Team. The regiment cadre and committee cadre are in full steam ahead. We are not going to look back until the last Regiment graduates and the mission is completed.

I challenge every cadet and cadre to stay focused on the task on hand, and at the same time to balance work with physical recovery. Every day of training you are going to face a new mental and physical challenge. To be successful and overcome the challenges, you must work as a team and when in charge make the right decision based on the team's strengths and weaknesses.

Get to know each other better because you never know who you might have on your left and right in combat. Many of your battle buddy cadets are going to move on to different jobs in the Army. I can tell from my experiences that you will call on them for help or assistance during your military career. It's better to built relationship now than to try fix broken ones later. I still stay in touch with my classmates from the Sergeant Majors Academy Class No. 51.

Four Sergeants Major assigned to Warrior Forge will have the opportunity to share their insight and outlook in this newspaper. They have a many experiences – not just with Warrior Forge, but based on long military careers.

I want to wish you all good luck during Warrior Forge 2006 and in your military future. Remember always: "Everything we do is training, and training is everything we do."

To be a great leader you must always use troop leading procedures, the five-paragraph operation order, pre-combat checks/inspections, and a risk assessment. Do this on a day-to-day basis and you will have no problems – and more importantly, no human loss.



Mercado

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"The Army is and has always been a "people" organization. It is the perseverance, dedication and courage of men and women who have answered the Call to Duty that is key to achieving victory in the war on terrorism."

Army Secretary Francis J. Harvey,
at a Pentagon ceremony
June 14, 2006, marking
the Army's 231st birthday

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Col. Steven R. Corbett

Commander

Western Region, U.S Army Cadet Command

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More than just a mantra

Soldier's Creed, Warrior Ethos carry critically important message

By Sergeant Major Edward Armstrong

8th Brigade Sergeant Major

What a great opportunity for me to be able to address you all in this forum. First of all, welcome to Warrior Forge 2006. We have all gathered here at beautiful Fort Lewis, Washington, to assess and train our great cadets from all over the United States.

Currently the first eight regiments are on the ground and moving in numerous directions to accomplish their mission of providing world class officers to the world's best Army. It's all about coaching, teaching and mentoring. I was very impressed with my initial observations of cadre commitment to cadets. You all look in great shape, focused and ready to execute. I truly believe we will have a rewarding experience, especially in the 2nd Regiment Dragoons, where I get the great opportunity to perform the duties as the Regimental Sergeant Major. I may be a little impartial on this, but the 2nd Regiment just might be the best regiment out here. I might be wrong, and I am sure the other regiments will let me know otherwise.



Our mission here is simple: Train, Develop, Evaluate and Commission. Here at the Leader Development and Assessment Course we put a large emphasis on assessment, but the bottom line is, it's still training. Our Soldiers currently serving all over the world have been doing this type of training for a long time. Whether it be attempting to earn their Expert Infantry Badge, Expert Field Medical Badge or certifying as part of an M1 Abrams Tank or Paladin Howitzer crew member, it is all still critical training to become proficient and accomplish the mission. The assessment is a critical part of LDAC, but nothing is more important than developing and training our future officers.

Cadets may need a couple of tries to properly execute an event, but like our Soldiers who try over and over again to get that badge, they become more proficient and better Soldiers. You, like our Soldiers, must stay focused no matter what the outcome of an event. Keep your head up and continue marching forward to the objective of becoming a confident, proficient officer and leader.

The next 30 days will be all about you. Your graduation will be about you. But when you commission and place the second lieutenant rank on your collar, it will no longer be about you – it will be about those 30-plus sons and daughters of America with whom you will be charged to develop, coach, mentor and train.

So, it may take you a couple of times to complete the event to standard. So what? Do it again and do it to standard. Make sure it's right and you understand what is expected of you. Because when you eventually take your post in front of that platoon of Soldiers, you as the platoon leader will be doing the same thing when a task or event is not done to standard, retraining your Soldiers and ensuring they execute the task until its right and to standard.



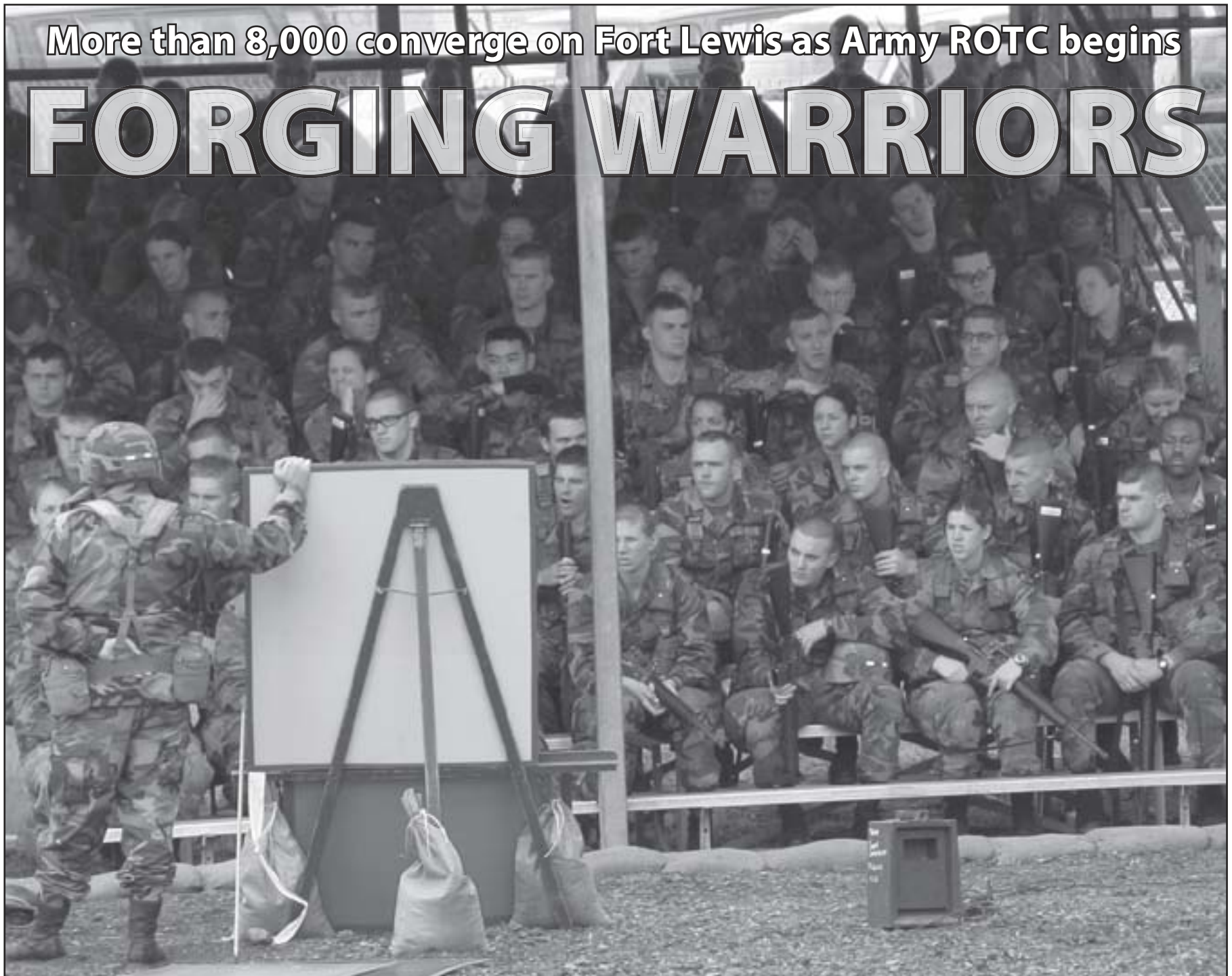
Photo: Al Zdarsky

A cadet from the 3rd Regiment reports his unit is ready to be activated.

Cadet regiments represented by active-duty Army units

The U.S. Army Cadet Command established the Regimental Affiliation Program in 1985 to foster unit cohesion, camaraderie, esprit de corps and the pride of belonging among the diverse groups of cadets from across the Nation attending Warrior Forge. The program's goal is to bind cadets and cadre together in a close-knit, dynamic organizational relationship, imparting a sense of teamwork crucial to success at Warrior Forge.

- 1** **1st Regiment**
Affiliation: 37th Field Artillery
Nickname: STRIKER Motto: "On the Minute"
- 2** **2nd Regiment**
Affiliation: 2nd Armored Cavalry Regiment
Nickname: DRAGOONS Motto: "Toujours Pret"
- 3** **3rd Regiment**
Affiliation: 3rd Armored Cavalry Regiment
Nickname: BRAVE RIFLES Motto: "Brave Rifles! Veterans!"
- 4** **4th Regiment**
Affiliation: 20th Infantry Regiment
Nickname: SYKE'S REGULARS Motto: "Tant Que Je Puis"
- 5** **5th Regiment**
Affiliation: 5th Infantry Regiment
Nickname: BOBCATS Motto: "I'll Try, Sir"
- 6** **6th Regiment**
Affiliation: 6th Infantry Regiment
Nickname: THE REGULARS Motto: "Unity is Strength"
- 7** **7th Regiment**
Affiliation: 7th Armored Cavalry Regiment
Nickname: GARRYOWEN Motto: "The Seventh First"
- 8** **8th Regiment**
Affiliation: 8th Field Artillery
Nickname: AUTOMATIC Motto: "Audacieux et Tenace"
- 9** **9th Regiment**
Affiliation: 9th Infantry Regiment
Nickname: MANCHU Motto: "Keep Up the Fire"
- 10** **10th Regiment**
Affiliation: 23rd Infantry Regiment
Nickname: TOMAHAWKS Motto: "We Serve"
- 11** **11th Regiment**
Affiliation: 11th Armored Cavalry Regiment
Nickname: BLACKHORSE Motto: "Allons"
- 12** **12th Regiment**
Affiliation: 33rd Armored Regiment
Nickname: MEN OF WAR Motto: "Men of War"



The mission of the Leadership Development Assessment Course is to train cadets and National Guard officer candidates to Army standards and to develop leadership and evaluate officer potential. This is accomplished through a tiered training structure using light infantry tactics as the instructional medium. Stress is an inherent part of all cadet and officer candidate training. There will be no profanity or physical abuse, but cadets will know they are in a highly-disciplined environment.

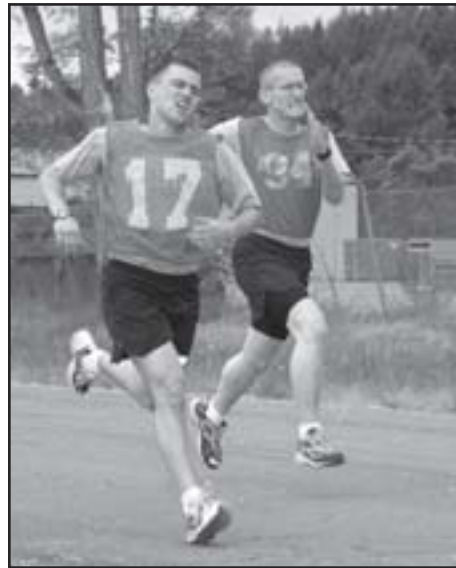
The training program is sequential and progressive. It starts with individual training and leads to collective training, building from simple tasks to complex tasks. This building-block approach permits integration of previously-learned skills into follow-on training, thus reinforcing learning and promoting retention. This logical, common-sense training sequence is maintained for each training cycle through use of the tiered training structure. LDAC is comprised of the following training:

Confidence Training includes rappel training, one-rope bridge training, the Slide-For-Life, Log-Walk/Rope-Drop and a Confidence/Obstacle course. Confidence Training is designed to challenge the cadets' physical courage, build confidence in personal abilities and assist in overcoming fear. At the rappelling and rope bridging sites, cadets learn to inspect ropes and tie anchor knots; each cadet executes one 17-foot rappel and several 37-

foot rappels. Cadets receive an explanation and demonstration on crossing techniques of a one- and three-rope bridge at river locations. Cadets execute dry river crossings using a one-rope bridge and demonstrate confidence in their ability to overcome fear of heights by executing the Confidence/Obstacle Course, Log Walk/Rope Drop and Slide For Life.

Combat Water Safety Course. The CWST consists of a 15-meter swim carrying an M-16 and wearing BDUs and Load Bearing Equipment, a 3-meter drop into water with weapon and LBE while blindfolded and equipment removal: enter water and discard weapon and LBE.

Field Leader Reaction Course. FLRC is designed to develop and evaluate leadership and to build teamwork early in the camp cycle. Course administration is accomplished using the established cadet organization and



chain of command. Cadet leadership potential is assessed by committee evaluators. Cadets are provided the opportunity to get early feedback on their leadership strengths, weaknesses, styles and techniques.

Basic Rifle Marksmanship.

Future Army leaders must know the characteristics of the basic Army rifle, how to fire it accurately and how to employ it in combat. Rifle marksmanship training teaches cadets to engage and hit targets on the battlefield in day, night and NBC conditions. Cadets are required to fire for record. A score of 23 hits out of 40 possible qualifies the shooter.

Land Navigation. Land navigation training must be mastered early in the camp cycle for the cadets to be fully successful in the tactical training which follows. The land navigation evaluation consists of three events totaling 100 points. The written examination is worth 20 percent. The day land navigation test is worth 50 percent. Night land navigation is worth 30 percent. Each cadet must earn 70 percent on each test to pass this event. A passing score in land navigation is a camp-completion criterion.

Security Operations. Trains cadets in the fundamentals of occupying a tactical assembly area and emplacement of crew-served weapons such as the M-249, M2, M240, and MK-19.

Hand Grenade. Basic understanding and use of hand grenades is an important

facet of weapons and tactical training. Cadets learn to identify major types of grenades and learn the grenades' characteristics and uses, and employ live grenades.

Fire Support. Fire Support teaches cadets the importance and lethality of artillery fire on the battlefield and employment of indirect fires. It also gives them the opportunity to perform the duties of Howitzer crewmen.

First Aid. Cadets develop confidence in their ability to react properly to battlefield wounds and the threats of chemical weapons attacks. Through

hands-on training and evaluation, cadets learn critical first aid skills and fundamental tasks of donning and maintaining a chemical protective mask.

Individual Tactical Training.

ITT is the first block of instruction in tactics at LDAC. It covers individual battlefield skills, combat movement techniques and procedures necessary for subsequent tactical training at the squad and platoon levels. Tactical training is a vehicle to teach and evaluate leadership. It introduces conditions of stress that parallel those found in

combat. Tactical training introduces new skills, provides performance-oriented reinforcement opportunities and increases the degree of difficulty and sophistication of training events. This building-block approach provides the best opportunity for cadets to learn and for cadre to assess leadership potential.

Squad Situational Training Exercises.

Squad STX is a five-day, two-phase event. The first day, the squad training phase, is designed to train squad battle drills and collective tasks. The last four days, the Squad STX lane phase, are designed to evaluate leadership using tactical scenarios. Each cadet receives two formal evaluations of her/his performance as a squad leader during this phase. Squad operations build on and reinforce all previous instruction. Cadets use knowledge of land navigation, terrain analysis, weapons systems and all individual training previously presented.

Patrolling Situational Training Exercises.

Patrolling STX is a three-day event that provides cadets practical experience in leading soldiers at the section level in a challenging, realistic and fluid environment. Cadets are formally evaluated during the exercise and developmental feedback is provided to all levels of leadership. Patrolling STX builds on and reinforces all previous instruction received during the course, and incorporates the basics of air assault operations by conducting an actual air insertion. The event ends with a 10K foot march.



Uniform standards emphasize training, professionalism

By Sgt. Joseph Siemandel
Warrior Forge Public Affairs

Warrior Forge brings many faces of the Army together and with each face comes a uniform of one kind or another. The uniforms found at the Forge belong to active-duty, National Guard, and Reserve Soldiers, cadets and cadre, even civilian employees.

No matter the attire, each comes with a set of regulations or guidance. Knowing these standards ensures people can maintain professionalism, emphasize training and work safely, officials said.

All military personnel are required to comply with the standards set in Army Regulation 670-1, "Wear and Appearance of Army Uniform and Insignia."

All Soldiers will keep a neat, well-groomed appearance that shows a sense of pride and esprit de corps. The uniform will fit properly, be pressed as necessary, and comply with insignia guidelines. Hair, nails, and wear of jewelry is also outlined in AR 670-1.

Cadet uniform guidance is published in WF Standard Operating Procedures and Cadet Command Circular 145-05. Cadets are allowed to bring one uniform to camp that includes school, combat and achievement badges, which will only be worn for accessions photos. All other uniforms will have only the U.S. Army tape, name tape and Leadership Excellence patch.

To hold all cadets at the same level, there will be no other patches or insignia on the uniforms. This will ensure all assessments at Warrior Forge are fair. Also in conforming to military clothing and civilian clothing regulations, people will avoid showing pride in oneself or in one's own unit, yet model leadership to the cadets who will soon enforce standards among soldiers.

Cadets are also required to use the laundry service provided by contractors to ensure their uniforms are clean and reflect the pride in what they are doing at the Forge. Cadets not in the proper uniform are regulated by the cadre, and adjusted accordingly.

Civilian employees also have a standard of dress required by Army. Clothing should present a professional appearance. The field-like nature of parts of Warrior Forge requires some employees to use common sense.

Additionally, some other situations make the right clothing choice critical. For instance, the open stairwells leading to some second-floor offices may preclude women from wearing skirts, and durable clothing may be required for someone working on a training committee in the field or in supply warehouses.

Standard no-no's for Army employees include clothing printed with profanity, the popular-style of shirts or shorts that are revealing.

Common sense is the essence of civilian regulation. Employees and their supervisors must use their best judgment when choosing attire.

CIF creates the complete Soldier

By Sgt. Joseph Siemandel
Warrior Forge Public Affairs

From the outside, the aging nondescript warehouse doesn't seem all that special, but inside you will find row by row of dark green gear seems to suck all the light out of the building. The items within are carefully sorted out and lined up. It's very neat and tidy, like a meticulous outdoorsman's toy box might be.

It's from the Central Issue Facility where cadets receive all the gear necessary for engaging in Warrior Forge – sleeping bag, rucksack, Kevlar helmet, wet weather gear, LBE – all the goodies that make's a Soldier's job and life in the field a little easier.

On Day Three each regiment lines up and proceeds station by station through the CIF to get loaded up with their TA-50 and other assorted items. By mid-July more than 4,000 sets of gear will be handed out.

The officer-in-charge this summer is 2nd Lt. Nate Knutson. He has the task of making sure every cadet has his or her gear and are prepared for training.

"It's starting to get busy now that more

cadets are arriving," Knutson said. "I have great people working with me who are experienced and I'm learning about logistics from them all."

Knutson and his staff, including employees from the well-known local private contractor, Skookum, distribute the equipment. By the time they're through the line, cadets are wobbling out with as much gear as they can handle. As the cadets leave CIF, their thoughts turn from the anticipation of getting gear to what they will be doing with their newly issued equipment.

After their training is complete, the gear will go back into storage until next year when it will be used again by the next group of cadets.

This makes care of the equipment an important factor. Here's a quote from the Soldier's Creed:

"I will always maintain my arms, my equipment and myself."

Equipment not maintained can lead to the failure of the mission, or worse. Proper care of these issued items isn't just a good idea or a nice thing to do. It's crucial to maintaining a ready Soldier.



2nd Louie

By Bob Rosenburgh





"This heat's a killer!"



Photo: Al Zdarsky

Hydrate! Summer heat, brisk activity to come

By Sgt. Joseph Siemandel
Warrior Forge Public Affairs

Exposure to too much heat can kill. That heat may take the form of a sunny day spent hanging on the beach. Or a day that seems not-so-hot spent under a full rucksack for several kilometers.

Unchecked heat-related illnesses may become a serious problem in a short period of time and can even cause death. At Warrior Forge, where cadets and cadre are humping overland in full uniforms carrying combat-loaded rucksacks, heat-related injuries can take hold before you can prevent them.

Cadets, regimental staff and committee members all share the responsibility of protecting the force from heat stress.

"All the cadets have been assigned Battle Buddies, and they should be keeping an eye on each other, looking out for the signs and symptoms of heat stress," said Lt. Col. Peter Tofani, Warrior Forge Deputy Chief of Safety, "especially as the temperatures rise and the more physically demanding activities begin."

Committees will be monitoring the temperature and will alter training as necessary to keep cadets from overheating, Tofani said. Additionally, regiment staff

will be making sure cadets are eating right, getting enough rest and staying hydrated.

Heat and exercise

The weather here at Fort Lewis at the peak of summer can be quite a handful for any Soldier. Last summer, the temperature climb above 90 degrees on many occasions and this year it is predicted to be the same. Even though the month of June has been comfortable, watch out – because it could change in a matter of hours over the course of a busy day.

And besides, outside temperature isn't always the cause of heat injuries. During heavy exercise a person's body can generate 10 to 20 times the amount of heat it does when at rest.

Symptoms and Treatment

Heat-related injuries are identified by three levels of severity. Heat cramps are usually the first symptom of overexposure to heat and are characterized by severe muscle cramps.

Rest and fluid intake puts a victim on the road to recovery, but must be done quickly to avoid the symptoms worsening.

Heat exhaustion typically occurs when exercise

and ambient temperature conspire to cause heavy perspiration, which reduces body fluid levels. This fluid loss reduces blood flow to vital organs resulting in a form of shock. A victim of heat exhaustion may have headaches, nausea, dizziness, skin that's cool and pale, and will most likely be sweating. Get him out of the direct sun right away, keep him cool. You may have to use a fan or wet towels. Immediate action is crucial to prevent the condition from degrading into heat stroke.

Heat stroke kills about 500 people a year in the United States alone. When temperatures begin to rise into the 90s for prolonged periods, hundreds can die in just a couple of weeks.

Heat stroke occurs when the body's ability to cool itself fails. Body temperature can rise to deadly levels in a very short time. Symptoms include confusion; delirium; unconsciousness; skin that is red, hot and dry. A heat stroke victim should be cooled quickly – but never use ice or very cold water, which can lead to thermal shock. Emergency treatment should be sought immediately.

As the temperature raises remember to drink more water to stay Hydrated, and keep an eye on your Battle Buddy to assure he or she is avoiding heat related injuries.



Fitness is about more than just making the grade



By Sgt. Joseph Siemandel
Warrior Forge Public Affairs

Soldiers find themselves regularly taking physical training tests to assess their muscular strength, endurance and conditioning. Cadets attending Warrior Forge are no different. The young men and women take an APFT on the third day they're here at Warrior Forge to gauge their muscular strength, endurance and bodily conditioning.

The APFT measures a Soldier's strength and endurance utilizing three basic exercises: push-ups, sit-ups, and a two-mile run.

The minimum score for the APFT is 180 points with at least 60 points in each of the three events. The cadets of Warrior Forge are the future leaders of the United States Army and hold themselves to a higher standard. A good score for a cadet would be 270 points with at least 90 points in each event. Warriors who exhibit superb physical conditioning sometimes receive scores of 300 or higher on the extended APFT scale.

Attaining a place on a sliding scale really isn't

the best reason for a Soldier to be fit, however. Many of the cadets training at Fort Lewis this summer will complete the officer basic course next summer and will lead the sons and daughters of America on the field of battle shortly thereafter.

"It is extremely important for soldiers to be physically fit," said Dan Patterson, Warrior Forge Chief of Staff. "Leaders in combat zones have to make life or death choices daily for themselves and those who follow them. It is more difficult for a Soldier to make good decisions when he or she is exhausted. Being physically and mentally fit helps leaders make good decisions in stressful situations."

Warriors who meet and exceed the standard normally lead very active lifestyles outside of the military. For some cadets, exercise is an integral part of their off-duty lives. The process though to stay in shape is a year long process that requires time and dedication.

For some cadets, fitness is a byproduct of the life they live.

Cadet Ryan Goltz, from Marquette University is a certified personal trainer with the American College of Sports Medicine. His latest client finished third

at a regional bodybuilding competition recently. In December, Ryan plans to go compete in his first bodybuilding show. After school, Ryan has aspirations of working with Olympians as a strength and conditioning coach.

Lt. Col. Rodney Laszlo, 1st Regiment, makes PT a priority at his school. He expects every one of his students to score a 270 or higher on every PT test.

"Fitness has become important to these cadets, at my school the number of 300-plus PT scores have gone up three times what they used to be," Laszlo said. "The cadets are becoming more active and caring more about physical fitness."

The U.S. Army Cadet Command takes physical fitness very seriously. Warriors who do not pass the APFT the first time are required to retake the test. Passing the APFT is a graduation requirement. Those who fail the APFT after their retest will not graduate from Warrior Forge, nor complete the core requirements to earn a bar of gold on Army Green.

Photo: 2nd Lt. Jeremy Gumeringer